

# DUTCH OVEN COOKING

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## DUTCH OVEN COOKING

### INTRODUCTION

The purpose of this manual is to provide basic information on how to use a Dutch Oven. The cast iron Dutch Oven is perhaps the most versatile piece of cookware available. It may be used for frying, roasting, baking, boiling, steaming, broiling, or stewing. As a matter of fact, anything you can do at home with your oven and stove you can do with the Dutch oven. Because the Dutch oven is so versatile it can be used at home as well as at the campsite. The information in this manual is primarily devoted to campsite use. It can, however, be easily adapted to use in your home kitchen. The information will be useful to the first time user as well as seasoned veteran's.

This book is intended to be used and reproduced by and for Boy Scout or Cub Scout units. Please share it with a friend or fellow Scouter. Happy cooking.

Larry Hoffman - 1993

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### ABOUT DUTCH OVENS

In North America the Dutch oven probably dates back to 1492. Columbus brought cast-iron pots with him to the New World. The name, Dutch oven, comes from the 18th century Dutch traders who sold their cast-iron pots door to door to the new settlers and Indians.

There are several varieties, look-a-likes, and wanna-be's when you begin shopping for a Dutch oven. There are, however, a few useful tips for buying the Dutch oven that is best suited for you. First, and foremost, be sure to buy the real thing. Make sure the Dutch oven is made of heavy cast-iron and has a flat bottom with three short legs. The legs keep the pot out of the coals and provide greater stability than four legs or none. The oven should be heavy and have strong wire bail-type handle. The handle should be securely attached to molded tangs on the side of the oven. Most oven handles will lay down against the side of the oven on both sides. Some ovens, will allow the handles to rest at a 45 degree angle on one side. This will provide easier access to the handle when positioning or moving the oven from the fire.

When buying a Dutch oven pay particular attention to the lid. The lid needs to have a lip or ridge around its outer edge. The rim of the lid is flanged so that hot coals will stay on the lid during cooking. There are Dutch ovens available that have domed- lids without the rim. While this type cooks just fine you have to be careful when removing the lid to avoid spilling ash into your food. The type of handle on the lid is an important consideration also. It should be a molded

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loop that can be easily hooked for removal. Avoid the lid handles that are solid tabs of iron with a drilled hole. These are difficult to handle and manage with a load of hot coals.

Many, Dutch oven are available with handles. They resemble large deep skillets. In theory the handle probably seems like a good idea. In practice, however, they can prove to be a problem. They tend to get in the way of the bail handle and also cause the oven to be off balance when being lifted by the bail handle. Handles tend to get in the way during storage. To see if you really need a handle on your Dutch oven take a couple ten pound weights with you to the store (or borrow one if it is a sporting good store), put them in the Dutch oven and try to lift it one handed. A loaded 12" Dutch oven can weigh up to 25 pounds. It would probably be best to avoid a handle if at all possible.

Dutch ovens come in a wide assortment of sizes ranging from the tiny 4" to the Goliath 24" monsters. For most patrol situations the 10"- 12" size is the adequate. Cast-iron Dutch ovens are available at most Sporting Goods stores, Scouts Shops, or through mail order companies such as REI or Campmore. The major manufacturer of cast-iron Dutch ovens is Lodge Manufacturing Co. of South Pittsburgh, Tenn. Lodge Manufacturing has been making Dutch ovens since 1896.

### SEASONING THE DUTCH OVEN

The next step in using your new Dutch oven is "seasoning." Cast-iron is very porous. By filling the pores with grease a patina is built on the surface of the iron to protect it against rust and damage. A properly seasoned and cared for Dutch oven will last for generations. One Scouter I know is using a Dutch oven that is over 100 years old and looks as new as the day it was bought. By constantly and properly caring for and cleaning a Dutch oven starting with the day it is purchased will serve you for years to come.

All high quality Dutch ovens are shipped with a protective wax or oil coating that must be removed. Removal requires steel wool (S.O.S. pad) and a lot of elbow grease. After the oven is thoroughly washed and rinsed, wipe dry with a clean towel and air dry. While it is drying preheat your oven to 350°. When the Dutch oven appears dry, place it on the center rack of the oven with the lid ajar. Heat the Dutch oven until it is just a little too hot to handle with bare hands. By preheating the Dutch oven you accomplish two things: you drive the remaining moisture out of the metal and you open the pores of the metal. Using a clean paper towel, apply a thin coating of salt free cooking oil. Peanut, corn, or any vegetable oil will be fine. Cover every surface of the Dutch oven and lid, both inside and out. Return it back to the 350° oven with the lid ajar and bake, for one hour. Remove from the oven and allow to cool enough to be handled. Apply another coat of oil and repeat the baking process. Remove from the oven in one hour and allow to cool. Apply a final coat of oil when the pot becomes cool enough to handle. Your Dutch oven will now have three coats of oil, two baked on and one applied warm. Your oven is now ready to use or store. The seasoning process only needs to be done once, unless your Dutch oven shows signs of rust. The surface of the oven will eventually blacken with age. This process is the sign

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of a well maintained and used oven. The process has two purposes. First, it forms a barrier between the air and the surface of the metal which prevents rust. Second, it provides a non-stick coating on the inside of the oven. If the oven is properly maintained the coating is as effective as any commercial non-stick surface.

### CARING FOR THE DUTCH OVEN

Cleaning your Dutch oven is an easy two step process. First, you need to remove the food from the oven. Using a plastic or wooden scraper remove as much as possible. Fill the oven with warm clean water and heat until almost boiling. Using a plastic scrubber or a coarse sponge gently break loose food and wipe away. DO NOT USE SOAP. After all the food has been removed rinse with clean water. Allow the oven to air dry. Second, heat oven over the fire until just hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. You will not need to oil the outside unless there are signs of rust beginning to form. It is important to never use soap with your Dutch oven. It will need to be re-seasoned if you use soap. It would be a good idea to pack a plastic scrubber in a Zip-lock bag and keep it stored in your Dutch oven or chuck box to use exclusively with your oven.

Do not allow water to stand in or around your Dutch oven. Rust can develop through the best "seasoning." Using soap on your Dutch oven will cause it to impregnate the pores of the metal and taint the flavor of your meals. If soap is used the oven should go through the complete seasoning process again. Do not pour cold liquid into a hot Dutch oven. This will cause the oven to crack.

### DUTCH OVEN TOOLS

The Dutch oven is a very basic cooking implement and requires few accessories. There are several tools which may come in handy. A pot hook will keep your hands out of the fire and allow you to lift and move the entire oven or just lift the lid to peek inside. There are no special specifications for this tool except that it meet your needs and be a safe tool to use. REI has a commercially available model for under \$20. If you cannot find a pot hook a pair of heavy duty channel lock pliers work well. When using pliers it is advisable to wear heavy gloves. The safest are fire handling gloves which are available at stores which specialize in fireplace equipment.

A shovel is helpful when moving coals from the fire to the oven. The size and type of shovel is entirely up to you. Use whatever you feel comfortable with. My personal -favorite is my old folding army shovel. Although the handle is short it works and stores well. You may want to store three or four bottle caps or small rocks in your chuck box to place on the bottom of your Dutch oven when you need to bake inside of it using another pan. This elevates the baking pan allowing for even air flow and more uniform baking.

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The final tool for Dutch oven cooking is heavy duty aluminum foil. You can save yourself a lot of cleaning time by lining the Dutch oven with foil when you cook. When you are finished with your meal simply remove the foil and store the oven.

## DUTCH OVEN COOKING TECHNIQUES

The Dutch oven is so popular because it is so versatile. Anything you can cook at home in your oven or stove you can cook with a Dutch oven. Since the average Dutch oven does not come equipped with a constant thermostat like your kitchen stove or oven you must exercise great care in controlling the amount of heat. This is done by regulating the amount of coals you cook with on the top and bottom of the oven. Various types of cooking call for different placement of the coals.

The first thing you need to start is a good bed of coals. The most convenient method is to use charcoal briquettes. They are plentiful, easy to use, and provide a long lasting source of good heat. Wood coals are fine to use also. The method I prefer is lighting my coals in a charcoal starter chimney and using what I need and keeping the remainder in the chimney to ignite more briquettes to use as I need them. A good rule of thumb is to arrange the charcoals in a checkerboard pattern, leaving a 2 - inch square between them. The heat is regulated by adding or removing coals as needed. Because charcoal briquettes burn so hot it will be necessary to check your food often.

Use the following guidelines for these types of cooking:

**FRYING, BOILING**, - The heat should all come from the bottom. Place coals under the oven as needed.

**BAKING** - The heat will usually be more from the top than the bottom. Use a 3 : 1 lid to bottom ratio for placing your coals. Check often and remove or replace coals as needed.

**ROASTING** - The heat source should be equally balanced between the top and bottom.  
Use a 1 : 1 lid to bottom ratio.

**STEWING, SIMMERING** - The majority of the heat should come from the bottom.  
Use a 4 : 1 bottom to lid ratio.

**USING THE LID** - Because the lid is shaped like a very shallow bowl when inverted it is ideal as a frying pan or griddle. Turn it upside down and place it directly on the coals. This is a great way to fry scrambled eggs or pancakes.

One technique that can be used with a Dutch oven is the inverted oven for baking. This turns your Dutch oven into an oven and allows you to use the inverted lid to fry your dinner in. Dig a small hole about 8" - 9" in diameter and 3" - 4" deep. Place coals in the hole to a depth of about 1". Place a rack over the coals. It needs to be 2" - 3" above the coals. Place your cake, pie, or biscuits in a pan on the rack and cover with your inverted Dutch oven. Spread coals over the bottom of the Dutch oven. Place the inverted lid on the upturned legs and allow it to warm for a few minutes. It can be used to fry hamburger, bacon, eggs, or whatever you desire. The item being baked will take about as much time as your oven at home.

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A common problem of inexperienced Dutch oven cooks is to overheat the oven by using to many coals. Cast-iron retains and distributes heat very well. Using to many coals to cook with would be like trying to cook everything in your oven at home with it turned on full blast. Use the minimum amount of coals to start with and add only as needed. Don't make the mistake of using a lot of heat at the beginning to "get it started." Since cast-iron retains heat so well you may not be able to 'slow it down' once you "get it started." This will prevent the horror stories you hear about cakes that are charcoal on the bottom, black on the top, and dough inside. Check your cooking often and make the necessary adjustments to control the heat. I have found it handy to keep a pair of tongs in my cook kit to move coals around with. They are convenient and safe.

When cooking outdoors with a Dutch oven you have many options because of its versatility. You can cook directly in your fire ring atop the coals of your campfire. Another way to cook is to place a double thickness of heavy-duty aluminum foil on a level piece of cleared ground, spread your hot coals on it and put the oven on the coals. This minimizes the use of fire rings and has a more minimal impact on the ground.

## DUTCH OVEN RECIPES

The following is a list: of recipes that you can prepare using a Dutch oven. If you remember that your Dutch oven can do anything your stove or oven at home can do you can use virtually any recipe from any cookbook as you become a more "seasoned" Dutch oven cook. These recipes come from everywhere; old cookbooks, PowWow books, personal experience, friends, relatives, fellow Scouters, magazines and books. Please feel free to modify them to suit your taste. When you find or develop a good recipe pass it on to a friend or follow Scouter.

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### MEASUREMENTS AND CONVERSIONS

Ounce - oz.	Pint - Pt.	Pound - lb.
Table Spoon - tbs.	Quart - qt.	Cup - C.
Package - pkg.	Gallon - gal.	Tea Spoon- tsp.

1 tbs. =	3 tsp.	2 tbs. =	1 oz.
1/4 c. =	4 tbs.	1/3 c. =	5 1/3 tbs.
1/2 c. =	8 tbs.	1 c. =	8 oz.
1 c. =	16 tbs.	2 Pt. =	4 qt.
2 c. =	1 Pt.	1 gal. =	4 qt.
4 c. =	1 qt.		

1 stick butter	=	1/4 lb. or 1/2 c. or 8 tbs.
1 lb. loaf bread	=	about 17 slices

### SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	=	2 c.
4 oz. cheddar cheese	=	1 c. grated
1/2 pt. whipping cream	=	1 c. ( 2 c. whipped)
8 oz. sour cream	=	1 c.
1 lb. flour	=	app. 3 1/2 c.
1 c. marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 c. (packed)
1 lb. granulated sugar	=	2 1/4 c.
1 c. milk	=	1/2 c. evaporated milk + 2 1/2 c. water
	=	1 c. reconstituted dry milk + 2 tbs. butter
1 c. buttermilk	=	1 c. milk + 1 tbs. vinegar
	=	3/4 c. milk + 1/4 c. butter + 1 1/2 tsp. corn starch

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### APPETIZERS

#### *Sausage Balls*

1 lb. Jimmy Dean® sausage  
1 lb. cheddar cheese - grated  
3 c. Bisquick®

In a large bowl mix all ingredients together with your hands. When thoroughly mixed form into walnut sized balls. Bake in a Dutch oven for 10 - 15 minutes or until done. The uncooked sausage balls can be made ahead and frozen.

#### *Dutch Oven Pizza*

Canned biscuits  
Prepared pizza or spaghetti sauce  
Pizza fixings- pepperoni, sausage, mushrooms, etc. Grated mozzarella cheese  
Pam® spray

Line Dutch oven with foil making sure there are no air pockets. Spray with Pam® Make a pizza crust by pressing biscuits onto the bottom of the Dutch oven. Spoon sauce over crust and top with desired fixings and cheese, Bake in Dutch oven for 10 - 15 minutes or until done. Check often to prevent burning

#### *Tortilla Pizza*

Large flour tortillas  
Prepared pizza or spaghetti sauce Pizza fixings  
Grated mozzarella cheese  
Pam spray

Line Dutch oven with foil and spray with Pam. Place large flour tortilla in oven and spoon on sauce. Top with desired fixings and cheese. Bake in Dutch oven for 5 - 10 minutes or until cheese is completely melted and sauce is bubbling.

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### BEEF MAIN DISHES

#### *Dutch Oven Pot Roast*

3 to 4 lb. rump or pot roast	3 med. potatoes, peeled, quartered
3 med. carrots, peeled and cut into 1 1/2" pieces.	2 med. onions, quartered
1/2 c. beef broth or water	salt and pepper taste

Braise roast until brown on all sides in a small amount of oil. Add vegetables, broth, and seasonings. Cover and cook over medium heat for 3 to 5 hours or until meat reaches desired level of doneness. Options- Add package of dried onion soup, green peppers, 1 clove minced garlic, Worcestershire sauce, or additional seasonings for a personal taste.

#### *Onion Soup Swiss Steak*

2 lb. tenderized round steak	2 pkgs. onion soup mix
2 pkgs. onion soup mix	Flour
2 cans (10 oz.) tomatoes	Salt and pepper to taste

Cut steak into serving size pieces. Lightly coat with flour and braise in a small amount of oil. Season with salt and pepper. Sprinkle soup mix over meat and add tomatoes. Cover and cook over low to medium heat for 2 to 3 hours or until meat is tender.

#### *Salisbury Steak*

2 lb. ground beef	1 tsp. salt	2 eggs
2 cans (10 oz.) beef broth	4 tbs. cornstarch	2/3 c. bread crumbs
1/2 tsp. pepper	2 med. onions, sliced	
1/4 c. water	2 cans (4 oz.) mushrooms, drained	

Mix ground beef, bread crumbs, salt, pepper, and eggs. Form into 8 patties, about 3/4" thick. Cook patties over medium heat, turning frequently, until browned, about 10 minutes. Add onions, mushrooms, and broth. Heat until boiling. Cover, reduce heat, and simmer until beef is done, about 10 minutes.

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### *Corned Beef and Cabbage*

2 lb. boneless corned beef brisket	1 sm. head cabbage, washed and quartered
1 sm. onion, quartered	1 clove minced garlic

Place brisket in Dutch oven and add cold water to just cover. Add onion and garlic. Heat to boiling. Cover, reduce heat, and simmer until meat is tender, about 2 hours. Remove beef and wrap in foil to keep warm. Skim fat from broth. Add cabbage, heat to boiling. Reduce heat and simmer until done, about 15 to 20 minutes,

### *Meat Loaf*

1 1/2 lb. ground beef	1 c. dry bread crumbs or cracker crumbs
1 egg	1/4 tsp. Salt
1 pkg. onion soup mix	1 tbs. Worcestershire sauce

Mix all ingredients, form into loaf shape, and put into an ungreased loaf pan. Place pan in Dutch oven and baked, covered, for 1 hour or until done. Options- Cover with 1/2 c. barbecue sauce, or tomato sauce prior to cooking.

### *Taco Pie*

1 1/2 -2 lb. ground beef	4 lg. corn tortillas
1 can (8 oz.) tomato sauce	1 med. jar taco sauce
1 small onion, diced	8 oz. grated cheddar cheese

Sauté onions until clear, add ground beef, brown until done, remove from heat and drain. Combine tomato and taco sauce. Line Dutch oven with foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of the beef on top and cover with 1/2 sauce and sprinkle with cheese. Place 2 more tortilla shells on top and cover with the remaining meat and sauce. Sprinkle with remaining cheese. Cover and bake until cheese is melted. Options- Add chopped chilies or jalapenos to taste.

For enchilada casserole substitute canned or homemade enchilada sauce for the tomato/taco sauce.

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### CHICKEN MAIN DISHES

#### *Baked Chicken in a Pot*

3 to 4 lb. whole chicken      Poultry seasoning      Salt / pepper

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in Dutch oven. Cover and bake in low to medium heat for 4 to 6 hours or until tender. Option- Stuff cavity with pre-made stuffing mix, wild rice stuffing, or onions and celery prior to baking.

#### *Arroz con Pollo (Chicken with rice)*

3 - 4 lb. chicken, cut up	1 c. chopped onion	1 c. green pepper, chopped
1 jar (2 oz.) pimento, diced	1/4 tsp. chili powder	
2 cloves garlic, minced	1 jar (3% oz.) stuffed green olives, drained	

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in Dutch oven. Cover and cook for 2 to 3 hours. Add rice and peas, cover and cook for an additional hour. Water may be needed during the final stage of cooking.

#### *Chicken Pot Pie*

3 to 4 lb. chicken	3 med. potatoes - diced	4 carrots - diced
1 sm. onion cubed	pkg. frozen peas	1 stalk celery - diced
2 chicken bouillon cubes	1 c. diced ham	1 can (14 oz.) tomatoes
1 tsp. salt	1/2 tsp. pepper	1 pkg. (10 oz.) frozen peas, thawed
1 tsp. paprika	1 c. raw long grain rice	2 tbs. flour
salt / pepper	1/2 c. light cream	1 c. chicken broth
2 tbs. butter or margarine	1 can crescent rolls or biscuits	

Place chicken in Dutch oven, salt to taste and cover with water. Bring to boil, reduce heat, cover and simmer until chicken is done. Remove chicken from broth, reserving at least 1 cup. Debone and reserve meat. Sauté onions and celery in butter until done. Stir in flour, cream and broth to make a sauce. Use a wire whisk to prevent lumps. Add potatoes and carrots and simmer 20 to 30 minutes or until vegetables are done. Stir in chicken and peas and bring to a boil. Place biscuit dough on top of mixture, cover and bake for 15-25 minutes or until bread is browned.

#### *Fried Chicken*

Chicken - cut into pieces    Flour    Salt / pepper to taste    Eggs    Oil

Mix eggs with equal amounts of water or milk in a deep bowl. Drop chicken in egg mixture to coat. Season flour with salt & pepper (you may wish to use other seasonings to suit your taste - Cayenne pepper, seasoned salt, chili pepper, etc.) Put the seasoned flour in a large zip-lock or doubled paper bag. Drop the coated chicken in the flour Mixture and coat completely. For extra

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crispy chicken repeat this. Heat oil in Dutch oven until it is very hot. Fry chicken until golden brown and done. You may need to cut into thicker pieces to insure they are completely done.

### *Glazed Cornish Game Hens*

6 - 8 Cornish Game hens	Salt	1/2 c. water
Wild Rice stuffing	1 jar (12 oz.) Apricot preserves	

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt, and lightly Stuff with dressing. Tie legs together with string and arrange in baking pan. Bake in Dutch oven for 1 1/2 - 2 hours or until tender. Mix the preserves and water in a sauce pan and bring to boil. During the last 1/2 hour of baking, baste the hens frequently with the preserve mixture. Remove strings before serving with remaining preserves.

## OTHER MEAT DISHES

### *German Pizza (Supper in a Skillet)*

1 1/2 tbs. fat	3 med. potatoes, thin sliced	1/2c. chopped onion
3 eggs	1/2 c. chopped green pepper	2 c. julienne strips of ham
Salt and pepper	1/2 c. shredded cheddar cheese	

Melt fat in 10" Dutch oven. Spread half the potato slices over bottom, sprinkle with salt and pepper. Top with a layer of half the onion and half the green pepper. Top with half the meat. Repeat the layering with the potatoes and vegetables, reserving the remaining meat for garnish. Cover and cook over low heat until potatoes are tender, about 20 minutes. Break eggs into bowl and stir with fork until yolks are broken. Pour eggs evenly over top. Add meat, spoke-fashion. Cover and cook until eggs are set, about 10 minutes. Top with cheese, cover until cheese is melted, about 2 minutes. Cut into wedges and serve.

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### *Beanie-Wienies*

1 lb. hot dogs	2 slices bacon, chopped	1 c. chopped onion
1 (8 oz.) can tomato sauce	1 can kidney beans	1/4 c. catsup
1 tbs. lemon juice	1 tbs. Worcestershire sauce	1 tbs. brown sugar
1 tsp. salt	1/2 tsp. chili powder	1/8 tsp. garlic salt

Fry bacon bits in Dutch oven over low heat until crisp. Remove, drain, and reserve. Sauté onions in bacon fat until lightly browned. Add tomato sauce, beans. Combine remaining ingredients and add to beans. Cover and simmer for 15 minutes. Cut hot dogs into 1" pieces and add to beans. Cover and cook for 8 to 10 minutes longer. Sprinkle with bacon bits and serve.

### *Ham and Potatoes Au Gratin*

1 1/2 c. Diced cooked ham	3 c. potatoes,	diced 4 tbs. margarine or butter
1 onion, chopped	3 tbs.. flour	2 c. milk
Seasoned salt and pepper	1/2 c. grated cheese	2 tbs.. fine bread crumbs

Melt butter and sauté onions. Blend in flour to make a light roux. Gradually add milk and cook, stirring constantly until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. . Bake for 20 minutes , or until potatoes are done.

### *Bacon / Hominy Casserole*

4 medium cans yellow hominy	1/2 lb. bacon	1 med. onion, diced
1 1/4 lb. Cheddar cheese. shredded	2 cans green chili's	

Sauté bacon and onion. Crumble bacon. Pour hominy into Dutch oven. Stir in bacon pieces, diced onion, chiles, and cheese. Cover and cook for 20 minutes or until cheese is completely melted.

### *Pork Roast*

1 small pork roast	1 tsp. salt	2 tbs.. lemon juice
Pepper to taste	1/8 tsp. allspice	1 tsp. chili powder
Dash of Tabasco sauce	1 c. melted apple jelly	1 tbs.. Worcestershire sauce
1 1/4 c. chili sauce		

Place pork roast in Dutch oven and sprinkle with salt, pepper, allspice, and chili powder. Combine remaining ingredients and spread evenly on roast. Roast in Dutch oven using medium heat for 30 minutes per pound. Baste frequently with drippings.

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### SOUPS, STEWS, AND CHILI

#### *Two Stew for a Crew*

2 lb. ground beef	2 med. onions, diced
2 potatoes, cubed	2 cans Campbell's Golden Mushroom Soup
2 cans corn	

Brown meat and onions in Dutch Oven. Add corn (do not drain), soup, and potatoes. Season with salt, pepper, garlic, and spices if desired. Cover and cook until potatoes are done, about 20 minutes. This is a large recipe which will easily fill two 10" Dutch ovens or one 14" oven.

Thanks to Jeff Graham - Cubmaster Pack 1765

#### *Texas Chili*

2 lb. lean chuck roast, cut into 1/2" cubes	Bacon grease	6 jalapenos, chopped
1 (20 oz.) can tomatoes, chopped.	1 large onion	6 cloves garlic minced
2 tsp. salt	4 tbs. chili powder	1 tbs. oregano

Brown meat, onions, and garlic in bacon grease. Add jalapeno peppers and stir together. Add remaining ingredients, cover and cook for 1 1/2-2 hours, or until meat is tender. If desired, chili can be "tightened" or thickened by making a soupy paste from 1 tbs. of masa harina and enough water to achieve a soupy consistency and adding to chili when it is nearly completed. Serve over rice, pasta, or just plain, top with cheese and chopped onions.

#### *Homestyle Chili*

1 lb. ground beef	3 cloves garlic, minced	2 tbs. chili powder
1 large. onion, chopped	1 tbs. cumin	1 tbs., Worcestershire sauce
1 green bell pepper, chopped		salt & pepper to taste

Cover beans with 2" -3" of water. Bring to a boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add beans & remaining ingredients. Cover and simmer about 1 hour.

#### *Green Chili*

2 lb. lean pork, diced	2 stalks celery, chopped
2 med. tomatoes, chopped	1/2 c. Ortega Green Chili's
6 cloves garlic, minced	3 tbs. jalapeno pepper. sauce

Brown pork in a small amount of oil. Add remaining ingredients and mix well. Add 1 - 2 c. of water. Cover and simmer for 1 hour. If it is too thin, cook uncovered until it thickens.

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### *Cowboy Stew*

1 lb. ground beef	1 can pork and beans	1 med. onion, chopped
1 clove garlic, minced	1 tbs. Worcestershire sauce	1/2 c. catsup
1/2 tbs. mustard	salt and pepper to taste	

Brown ground beef, onions, and garlic in Dutch oven. Add all remaining ingredients. Cover and cook for 20 minutes, or until thoroughly heated. As an option you may want to add a chopped bell pepper or a can of corn.

### *Chicken Gumbo*

2 lb. chicken breasts Cut in 1" cubes	2 bell peppers, chopped	4 tbs. cooking oil
3 med. tomatoes, chopped	salt & pepper to taste	

Prepare a roux with oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 qt. of water. Add salt and pepper to taste. Add cut-up tomatoes, okra, and celery. Cover and cook for 30 minutes, until vegetables are done. Add chicken and simmer an additional 10 minutes.

### *Jambalaya*

1/2 lb. pork tenderloin, chopped	1 c. chopped celery	
4 cloves garlic, minced	1 (8 oz.) can tomato sauce	1/2 tsp. pepper
1/2 tsp. dried thyme	6 c. uncooked rice	1/4 c. flour
2 lb. okra, cut in 1/4" slices	2 med. onions, chopped	1/2 c. celery, chopped
3 tbs. flour	2 cloves garlic, minced	
1/2 lb. smoked sausage, 1/2" slices	1/4 c. vegetable oil	1 c. chopped onion
1 bunch green onions, chopped	1 tbs. chopped parsley	1 tsp. garlic salt
1/2 tsp. paprika	1/4 tsp. red pepper	

Cook sausage and pork until browned; drain well and set aside. Cook rice according to package directions and set aside. Heat oil in Dutch oven, add flour and cook over med.-high heat stirring constantly, until roux turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over med. heat 10 minutes stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 minutes, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 minutes covered.

### **Dutch Oven -- Nine Mile Stew**

Recipe By : bchard@oz.bmd.trw.com (Blake D. Chard)

Amount Measure      Ingredient -- Preparation Method

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1	pound	Stew Meat
1	package	stew seasoning
3		onions -- cut
6		potatoes -- sliced 1/8 inch
1	package	carrots -- sliced
1	package	celery -- sliced
2		green peppers -- sliced length way
		sliced zucchini -- enough for one layer
1	pound	sausage -- patties or links
1	pound	cheddar cheese

Put enough oil in the oven to cover the bottom. Sear the meat. Add the stew seasoning. Stir in onions. Cook for 20-30 minutes (12 coals on bottom and 6 on top) Layer from bottom to top:

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potatoes - carrots - celery - green peppers - zucchini Cook until vegetables are done (still crispy) (7-8 coals on top). Add the sausage on top. Cook approx. 15 minutes. Add the cheese. Serve when cheese is melted. This is not a precise recipe. I would encourage you to add and delete items and amounts as your taste's dictate. Be sure the vegetables, these or the ones you may add, are stacked so the ones needing the most cooking time are on the lower levels. Don't be tempted to add any liquid as there will be plenty from the vegetables and meat. The original recipe called for only 1/4 lb of stew meat, but I found that to be inadequate.

Give yourself plenty of cooking time, but don't be surprised if people want to know when it will be done, because the smell is fantastic. This is not a creation of mine but is definitely a favorite.

## DUTCH OVEN COOKING

### DESSERTS

#### *Dump Cobbler*

- 1 can pie filling
- 1 can crushed pineapple
- 1 box cake mix

Line 10" Dutch oven with heavy duty foil. Pour pie filling and pineapple into Dutch oven and mix together. Sprinkle cake mix over fruit. DO NOT STIR OR MIX. Cover Dutch oven and bake until done, usually 30 - 45 minutes. Be careful not to use too many coals as the cobbler will burn on the bottom and be raw in the top. Check it often and regulate the top and bottom heat as needed by adding or taking away coals.

This cobbler can be made in a wide assortment of flavors. Try cherry filling with pineapples and chocolate cake, or apple filling with fruit cocktail and spice cake, or peach filling (2 cans) with white cake. You are only limited by your imagination. Try sprinkling cinnamon or allspice on the top before cooking. Try adding chopped pecans or walnuts, or red hots. This is the easiest recipe to teach the basics of Dutch oven cooking to new Scouts or Scout leaders. This is always the highlight of any outdoor Scouting training. Thanks to Steve Bozarth - Scoutmaster Troop 483, Houston, TX.

#### *Cake-type Cobbler*

- 2 cans pie filling, or
- 1 can pie filling and 1 can crushed pineapple
- 1 cake mix (prepared)

Prepare cake mix pouring mix and ingredients into a large heavy duty Zip-lock baggie. Squeeze out most of the air and mix by squeezing baggie until all ingredients are well combined and smooth. Cub Scouts and Boy Scouts enjoy taking turns "mixing" the cake batter. Be careful not to over mix and break the baggie. Line Dutch oven with foil and pour fruit into bottom. Pour batter over the fruit, cover and bake until done, usually 30 - 45 minutes. Check often and regulate the heat to insure even cooking. DO NOT USE TOO MANY COALS.

#### *Pie Crust Cobbler*

2 cans fruit pie filling	Prepared pie dough crust
cinnamon and sugar	buffer or margarine

Line Dutch oven with foil. Pour filling into oven. Top the filling with strips of pie dough crust. Dot with butter or margarine and sprinkle with cinnamon and sugar. Cover and bake until crust is lightly browned, about 20 - 30 minutes.

## DUTCH OVEN COOKING

### *Monkey Bread*

4 cans Biscuits	1 c. brown sugar	1 stick margarine
1 c. sugar	4 tbs. cinnamon	

Cut biscuits into quarters. Mix sugar and cinnamon in large Zip-lock baggie. Drop biscuit pieces into sugar/cinnamon mixture and coat well. Place pieces in Dutch oven. Melt margarine and pour over biscuits. Cover and bake until done, about 30 minutes.

### *Crazy Cake*

3 c. flour	1 1/2 - 2 c. miniature marshmallows	3/4 c. milk chocolate chips
2 tsp. soda	2 c. sugar	3/4 c. oil
6 tbs. cocoa	2 tbs. vinegar	2 tsp. vanilla
		1 tsp. salt

Combine flour, soda, sugar, salt, & cocoa in a large Zip-lock bag. When thoroughly mixed add vinegar, vanilla, & oil. Hand mix the batter by squeezing until well mixed. Bake in a foil lined Dutch oven for 30 - 45 minutes or until done. When cake is done remove from the heat and sprinkle marshmallows and chocolate chips on the top. Place lid on oven and let stand for 5 minutes. The Chocolate chips and marshmallows will melt and glaze the top of the cake. If desired chopped pecans or walnuts could also be added. This recipe also works well with packaged cake mixes.

### *Bread Pudding*

2 c. milk	1/4. c. butter	2 eggs
1/2 c. sugar	2 tsp. cinnamon or nutmeg	1/4. tsp. salt
8 slices week old bread	1/2 c. raisins	

Cut bread into small cubes. Beat eggs and salt together. Place milk and butter in a 2 qt. saucepan and heat until scalded. Mix in bread, sugar, cinnamon, and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into a 1-1/2 qt. casserole dish. Place dish on a trivet in the Dutch oven and bake 30 - 45 minutes, or until done. Top with cinnamon or brown sugar.

### *Cherry Crisp*

2 cans cherry pie filling	2 sticks butter, melted
1 white cake mix	1 3/4 c. chopped nuts

Pour pie filling into a lined Dutch oven. Sprinkle cake mix over top of filling. DO NOT STIR. Top with nuts. Pour melted butter over the top. Bake for 30 minutes. Apple, peach, or any fruit filling can be used.

## DUTCH OVEN COOKING

### *Sugar Cookies*

1/2 c. softened butter	1 c. sugar	1 egg	2 c. flour
1/2 tsp. vanilla extract	1/2 tsp. salt	2 tsp. baking powder	

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Form into walnut sized balls and drop on greased pie pan. Place on a trivet or inverted pie pan in Dutch oven and bake until done, about 6 - 7 minutes

### **Breads**

#### *Homemade Biscuits*

1 c. + 2 tbs. flour	1/4 tsp. baking soda
1 tsp. baking powder	pinch of salt
2 tbs. shortening	1/2 c. buttermilk

Place 1 tbs. in bottom of Dutch oven. Place coals on oven to bring the temperature up while making the dough. Combine flour, baking soda, baking powder, and salt in a bowl. Cut in shortening until mixture is grainy. Add buttermilk and mix with fork until the dough is formed. Turn out on a floured board and knead briefly. Do not over knead. Flatten dough to 1/2" thickness. Cut biscuits out with a glass or cup. Place biscuits in oven and turn once to coat on both sides with shortening. Cover and bake until done, about 10 minutes.

#### *Sourdough Starter*

1 pkg. yeast	2 tbs.. sugar
1 qt. warm water	4 c. flour

Dissolve yeast in warm water. Add flour and sugar. Beat until smooth. Cover and let rise until slightly aged and light about 24 - 48 hours. Store in refrigerator between uses.

#### *Sourdough Biscuits*

2 c. flour	1 tbs.. sugar
1 tbs.. baking soda	1/2 tsp. salt
2 c. starter	2 - 3 tbs.. shortening or butter

Sift together flour, baking soda, sugar, and salt. Stir in the starter and mix until the dough is formed. Turn onto floured board and knead very briefly. Grease Dutch oven with shortening.

## DUTCH OVEN COOKING

Pinch off ball of the dough the size of walnuts and arrange in oven. Let stand 10 - 15 minutes. Cover Oven and bake until done, about 15- 20 minutes.

### *Hushpuppies*

1 qt. water	1/2 tbs. granulated garlic	1 lb. yellow cornmeal
1 1/3 tsp. salt	3 tbs. granulated onion	

Place water in a large pot. Add the sugar, salt, garlic, and onion. Bring to a rolling boil. Remove from heat and stir in the cornmeal. This mush mixture will be very stiff. When completely mixed, scrape mush out into a dishpan, flatten on top, and allow to cool. If a skin forms on the top, peel it off and discard. Knead the dough until pliable and easy to work. Pinch off pieces and form by hand into long fingers. Deep fry in Dutch oven until hard on the outside. This recipe is from a famous catfish place in central Texas.

### *Cornbread*

2 c. yellow cornmeal	1 tsp. soda	1 tsp. salt
2 eggs, beaten	2 tbs. bacon drippings	2 c. buttermilk

Grease Dutch oven with 2 tbs.. bacon drippings. Mix all ingredients together and stir until batter is smooth. Heat greased Dutch oven until very hot, add cornmeal batter and leave on heat for just a minute. Cover and bake until done, about 30 minutes.

### *Cornmeal Batter Cakes*

1 c. yellow cornmeal	1/2 tsp. baking soda	1/2 tsp. salt
1 1/4 c. buttermilk	2 tbs. shortening, melted	2 eggs, beaten

Combine cornmeal, soda, and salt in a small bowl; set aside. Combine eggs and buttermilk, stir into dry ingredients. Stir in melted shortening. For each batter cake, pour about 2 tbs.. batter onto a hot, lightly greased inverted Dutch oven lid (or cast iron griddle). Turn when the tops are covered with bubbles and edges are browned. Serve with syrup, if desired. Makes about 20 (3 inch) cakes.

## DUTCH OVEN COOKING

### DUTCH OVEN MORNING COFFEE CAKE

Serving Size : 8

Amount	Measure	Ingredient -- Preparation Method
1		Dutch Oven -- Cleaned
1	lg	Can of Fruit Or Pie Filling
4	cup	Bisquick Mix Or Baking Mix
1/2	cup	Sugar Mixed With The Bisquick Mix
1/2	cup	Dry Milk Mixed With The Bisquick Mix
1 1/2	cup	Water Or Water And Egg
1/2	cup	Sugar Mixed With 1/2
	ts	Cinnamon For Topping
1		Stick Margarine Cut Into small Pieces Onto The top of the coffee cake
		In the oven
1	lg	Spoon

Put the Bisquick mix, sugar, and milk powder in a zip lock food storage bag. Minimize the air in the bag. If using a cast iron dutch oven , line it with aluminum foil Put the fruit or pie filling in the bottom of the dutch oven. Mix the liquid with the dry mix in the zip lock bag. Be careful not to break the bag. Add a little more liquid if the fixture is dry. Put the dough onto the fruit in the dutch oven. If the dough is firm, drip it in pieces over the fruit. Sprinkle the top of the dough with cinnamon sugar and dot with small pieces of margarine. Put the lid on the dutch oven and place about 24 charcoal coals on the lid and about 18 coals under the bottom. Bake for 40 minutes.

Recipe By : Troop 21